

eat this, not that

Asthma

* Contains gluten | ∞ Contains lactose

Group	Eat This	Not That		
Fruits	<ul style="list-style-type: none"> • Canned fruit, packed in water • Dried fruit, no added sugar • Fresh fruit, except those that contain sulfites or salicylates, if problematic • Frozen fruit, no sugar added 	<ul style="list-style-type: none"> • Canned or frozen fruit, packed in syrup • Dried fruit, with added sugar 		
		<p>Salicylate-containing fruits, if problematic:</p> <ul style="list-style-type: none"> • Apples • Apricots • Avocados • Blackberries • Blueberries • Cantaloupe • Cherries • Dates • Grapes • Honeydew • Kiwi • Lemons • Oranges • Papaya • Peaches • Pineapple • Plums • Pomegranates • Raspberries • Strawberries • Watermelon 	<p>Sulfite-containing fruits, if problematic:</p> <ul style="list-style-type: none"> • Dried fruits • Grapes 	
Vegetables	<ul style="list-style-type: none"> • Beans and peas • Canned vegetables • Dark green vegetables • Frozen vegetables • Red and orange vegetables • Starchy vegetables (corn, white potatoes, sweet potato, peas) • Other (cauliflower, celery, cucumber, green beans, mushrooms, onions, squash) 	<ul style="list-style-type: none"> • Deep fried vegetables • Frozen vegetables, packed in heavy sauces 		
		<p>Salicylate-containing vegetables, if problematic:</p> <ul style="list-style-type: none"> • Asparagus • Beets • Bell peppers • Broccoli/broccoli rabe • Peppers • Radishes • Tomatoes • Zucchini 	<p>Sulfite-containing vegetables, if problematic:</p> <ul style="list-style-type: none"> • Canned vegetables 	
Grains/Starches	<ul style="list-style-type: none"> • Amaranth • Barley* • Bean-based pastas • Brown rice • Buckwheat • Oatmeal • Quinoa 	<ul style="list-style-type: none"> • Sorghum • Wheat berries* • Whole grain bread* • Whole grain pasta* • Whole grain, high-fiber cereals* • Wild rice 	<ul style="list-style-type: none"> • White rice • Refined white flour products (breads, bagels, rolls, crackers, cereals, pastas)* • Gluten-containing foods, if gluten intolerant 	

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Protein	<ul style="list-style-type: none"> • Beans (avoid if cause too much gas) • Eggs • Fish • Poultry • Shellfish • Tempeh • Tofu 	<ul style="list-style-type: none"> • Fried meats • High-fat meats • Processed and smoked meats (deli meats, jerky, hot dogs, sausages, bratwursts)
		<p>Sulfite-containing protein, if problematic:</p> <ul style="list-style-type: none"> • Edamame (soy bean) • Tofu • Tempeh
Dairy	<ul style="list-style-type: none"> • Low-fat dairy (milk, yogurt, cheese, kefi)∞ • Plant-based milk alternatives (almond, cashew, soy, coconut) • Plant-based yogurt alternatives (almond, cashew, soy, coconut) 	<ul style="list-style-type: none"> • Lactose-containing foods, if lactose intolerant
		<p>Sulfite-containing dairy, if problematic:</p> <ul style="list-style-type: none"> • Plant-based milk, yogurt, cheese, and kefi
Nuts/Seeds/Oils	<ul style="list-style-type: none"> • Avocado oil • Canola oil • Extra virgin olive oil • Nut and seed butters • Plain nuts • Plain seeds • Walnut oil 	<ul style="list-style-type: none"> • Butter • Lard • Salted or sugar-coated nuts and seeds
		<p>Nuts, seeds or oils that contain salicylates, if problematic:</p> <ul style="list-style-type: none"> • Almond • Almond butter • Avocado oil • Extra virgin olive oil • Peanuts • Peanut butter • Pine nuts • Pistachios
Beverages	<ul style="list-style-type: none"> • Coffee, regular or decaf • Kombucha (fermented tea) • Kvass (fermented beverage)* • Tea, regular or decaf • Water, plain or sparkling 	<ul style="list-style-type: none"> • Alcohol • Energy drinks • Sugar-sweetened beverages
		<table border="0"> <tr> <td> <p>Beverages that contain salicylates, if problematic:</p> <ul style="list-style-type: none"> • Black tea • Coffee • Green tea • Herbal tea • Kombucha </td> <td> <p>Beverages that contain sulfites, if problematic:</p> <ul style="list-style-type: none"> • Black tea • Green tea • 100% Vegetable juice </td> </tr> </table>
<p>Beverages that contain salicylates, if problematic:</p> <ul style="list-style-type: none"> • Black tea • Coffee • Green tea • Herbal tea • Kombucha 	<p>Beverages that contain sulfites, if problematic:</p> <ul style="list-style-type: none"> • Black tea • Green tea • 100% Vegetable juice 	
Snack Foods	<ul style="list-style-type: none"> • Air-popped popcorn • Fruit and nut bars • Trail mix • Whole grain crackers* 	<ul style="list-style-type: none"> • Salty snacks (crackers, chips, pork rinds, pizza rolls, etc.)* • Sugary snacks (cookies, cakes, pastries, pie, frozen treats, etc.)*